



HEALTH FOR LIFE

Two Gram (2000 Milligrams) Sodium Diet

A two gram sodium diet will help lower the amount of sodium you have each day.

Sources Of Sodium:

The sodium in our diet comes from three main sources:

- **Table salt** is the most common source of sodium in our diet. Salt is a combination of sodium and chloride. One teaspoon of salt has 2000 milligrams of sodium.
- **Processed foods** have large amounts of sodium. These include frozen dinners, luncheon meats, and many canned items. Soups, vegetables, pork & beans, and tomato products are a few examples. Many people do not know that processed foods like ready-to-eat cereals, breads and baked goods also can be high in sodium.
- Sodium occurs **naturally** in foods. Unsalted, unprocessed foods usually have a low sodium content. Most foods in your diet should come from this group.

Other sources of sodium you might not think of:

Many non-prescription drugs (antacids, laxatives, aspirin, cough medicines, etc.), and mouthwash have sodium. Ask your doctor or pharmacist for more information. Water softening equipment will add a large amount of sodium to the water.

General Guidelines:

- **Do not** add salt to your foods when cooking or at the table.
- **Avoid** seasoned salts. These include onion salt, and celery salt, "lite" salt, "low sodium" salt, and "sea salt". Accent, meat tenderizers, and lemon pepper should also be avoided.
- **Be careful** if you choose a salt substitute. Many substitutes have potassium which can cause medical problems for some people. "Lite salts" contain sodium in smaller amounts, but are still too high for people who need to restrict sodium. Ask your doctor or dietitian if salt substitute is okay for you.
- Learn how to read labels to make good low sodium choices. Ingredients are listed by weight, in order from highest to lowest. Food additives high in sodium include salt, baking powder, brine, or any additive that says the word "sodium". Look for the words monosodium glutamate or di-sodium phosphate on the label.

An Important Note About Processed Foods:

- Many fat-reduced or calorie-reduced products are not lower in sodium than the regular product. In fact, many times they are higher. Examples of this include turkey-ham and turkey-bacon. When processed foods are used, read the label to make a smart choice.

- Once sodium is in a food, it cannot be taken out. Rinsing or boiling meats and other foods, like sauerkraut or canned vegetables, does not significantly decrease the sodium content.
- Restaurant foods are usually very high in sodium. Ask your dietitian for more information if you often eat in restaurants.

Foods Allowed	Foods Not Allowed
<ul style="list-style-type: none"> • Meat, Fish, and Poultry <ul style="list-style-type: none"> ▪ 6 oz. daily of any fresh meat, fish or poultry prepared with allowed seasonings. (beef, chicken, Cornish hen, duck, goose, lamb, pork (fresh), turkey, veal, and filet fish) ▪ Low sodium canned tuna fish ▪ Processed meats that have less than 100 mg per ounce 	<ul style="list-style-type: none"> ▪ All smoked, cured, salted or pickled meat, fish and poultry (bacon, corned beef, hot dogs, ham, sardines, herring, processed boned and rolled poultry and meat) ▪ Cold cuts ▪ Soybean extenders ▪ Sausage ▪ Frozen meat, fish or poultry that have breading or gravy ▪ Shellfish (clams, crab, lobster, oysters, and scallops)
<ul style="list-style-type: none"> • Vegetables <ul style="list-style-type: none"> ▪ All fresh, frozen or canned without salt ▪ Salt-free tomato and vegetable juices ▪ Onion rings made with a salt-free batter 	<ul style="list-style-type: none"> ▪ Regular canned vegetables ▪ Sauerkraut, pickles, and other vegetables prepared in salt water ▪ Vegetables frozen in sauces and gravies ▪ Tomato and vegetable juices ▪ Onion rings
<ul style="list-style-type: none"> • Fruits All fruits allowed 	
<ul style="list-style-type: none"> • Cereals <ul style="list-style-type: none"> ▪ Dry cereals that have no more than 100 mg per serving ▪ Cooked cereals prepared without salt 	<ul style="list-style-type: none"> ▪ Dry cereals that have more than 100 mg per serving ▪ Instant cooked cereals
<ul style="list-style-type: none"> • Beverages <ul style="list-style-type: none"> ▪ Carbonated beverages, coffee, decaffeinated coffee, tea, fruit juices and drinks ▪ Unsalted tomato and vegetable juices ▪ Alcohol in moderation (check with your doctor first) 	<ul style="list-style-type: none"> ▪ Gatorade and other high sodium sports drinks ▪ Regular tomato and vegetable juices ▪ Instant cocoa mixes

Foods Allowed	Foods Not Allowed
<ul style="list-style-type: none"> • Breads <ul style="list-style-type: none"> ▪ Up to four slices enriched white bread, rye bread, Italian, or wheat bread a day. If more than four slices of bread a day are desired, the additional bread must be salt free ▪ Salt free bread as desired ▪ Plain rolls, hamburger or hot dog buns may be substituted for one slice of bread serving, if made with low sodium baking powder and no salt ▪ Biscuits, cornbread, pancakes, quick breads, muffins, waffles, can be substituted for bread (if made with low sodium baking powder and no salt) ▪ Low sodium crackers 	<ul style="list-style-type: none"> ▪ Rolls with salted tops ▪ Regular, frozen or commercial mixes of biscuits, cornbread, pancakes, quick breads, muffins, and waffles ▪ Crackers with salted tops, cheese crackers, or other flavored snack crackers ▪ Snack crackers with unsalted tops
<ul style="list-style-type: none"> • Potatoes and Starches <ul style="list-style-type: none"> ▪ White potatoes, sweet potatoes, red potatoes ▪ ½ cup instant mashed potatoes with less than 75 mg per serving and no added salt ▪ Unsalted french fries ▪ Spaghetti, macaroni, hominy, and noodles ▪ White rice, brown rice, and wild rice ▪ Homemade dressing or stuffing with allowed ingredients 	<ul style="list-style-type: none"> ▪ Boxed mixes, frozen, or store-prepared potato products (scaloped potatoes, au gratin potatoes, hash browns, german potato salad, creamed potatoes, and salted french fried potatoes) ▪ Rice and noodle side dish mixes ▪ Stuffing and dressing mixes
<ul style="list-style-type: none"> • Cheese <ul style="list-style-type: none"> ▪ Low sodium cheese which has less than 80 mg sodium per ounce 	<ul style="list-style-type: none"> ▪ Regular cottage cheese, regular aged cheeses (Bleu Cheese, Cheddar, Colby, Edam, Longhorn, Limburger, Mozzarella, Parmesan, Ricotta, and Romano) ▪ Processed cheese and cheese spreads (American cheese, Velveeta, or Cheese Whiz)

Foods Allowed	Foods Not Allowed
<ul style="list-style-type: none"> • Milk <ul style="list-style-type: none"> ▪ No more than 2 cups of milk per day 	<ul style="list-style-type: none"> ▪ Avoid buttermilk, commercial milkshakes, and malted milk
<ul style="list-style-type: none"> • Fats <ul style="list-style-type: none"> ▪ Vegetable oils and shortenings. ▪ Homemade salad dressings made with allowed ingredients ▪ Bottled unsalted salad dressings ▪ No more than four teaspoons a day of salted butter or margarine ▪ Unsalted butter or margarine as desired ▪ No more than two tablespoons of mayonnaise a day ▪ No more than two ounces of sweet or sour cream per day ▪ Gravy and sauces made with allowed ingredients 	<ul style="list-style-type: none"> ▪ Bacon or other salted pork fats ▪ Commercial salad dressings ▪ Packaged and canned gravies and sauces
<ul style="list-style-type: none"> • Desserts and Sweets <ul style="list-style-type: none"> ▪ One serving of a dessert per day ▪ Desserts include: cake, cookies, custard, donuts, sweet rolls, ice cream, sherbet, pie, brownies, and pudding made with allowed ingredients ▪ Sodium free desserts as desired ▪ Sugar, corn and maple syrup, honey, jelly, jam, marmalade, preserves, marshmallows, and plain hard or soft candy such as jellybeans, gumdrops, lemon drops, etc. 	<ul style="list-style-type: none"> ▪ Molasses, candy or desserts made with peanut butter or salted nuts, peanut brittle, instant cocoa mixes, and licorice
<ul style="list-style-type: none"> • Snack Foods <ul style="list-style-type: none"> ▪ <u>Unsalted</u> snack chips as desired (corn chips, tortilla chips, pretzels, potato chips, popcorn) ▪ <u>Unsalted</u> nuts ▪ Salsa made with allowed ingredients 	<ul style="list-style-type: none"> ▪ Any salted snack chips (corn chips, tortilla chips, pretzels, potato chips, popcorn (regular and microwave), and cheese popcorn) ▪ Salted nuts ▪ Party spreads and dips, bean dip and commercial salsa

Foods Allowed	Foods Not Allowed
<ul style="list-style-type: none"> • Frozen Dinners <ul style="list-style-type: none"> ▪ Choose from those containing less than 600 mg per serving. Keep in mind that this is over one fourth of your daily intake so choose other foods for your day carefully! 	
<ul style="list-style-type: none"> • Soups <ul style="list-style-type: none"> ▪ Unsalted homemade soups and unsalted canned soups 	<ul style="list-style-type: none"> ▪ Regular canned soups, dried or instant soup mixes ▪ Frozen soups ▪ Broth, bouillon cubes, granules or powder, consomme ▪ Homemade soups made with added salt, ham, ham bones, salted fish or salty meat ▪ Low sodium canned soups, including "1/3 less sodium" soups
<ul style="list-style-type: none"> • Sauces and Seasonings <ul style="list-style-type: none"> ▪ Herbs, spices, lemon juice, vinegar, wine (except cooking wine or cooking sherry), or herb blends that do not contain sodium (ex. Mrs. Dash) ▪ Up to one tablespoon ketchup or one teaspoon prepared mustard per day 	<ul style="list-style-type: none"> ▪ Chili sauce, barbecue sauce, relishes, soy sauce, teriyaki sauce, worcestershire sauce, horseradish prepared with salt, and steak sauce

Sample Menu

Breakfast

- One cup milk
- Orange juice
- One poached egg
- One slice of toast with 1 teaspoon margarine and jelly
- Banana
- One cup frosted shredded wheat squares

Lunch

- Grilled chicken sandwich (3 oz. fresh grilled chicken, 1 Tbsp. mayonnaise, lettuce and tomato slice on a whole wheat roll)
- Unsalted potato chips
- Carrot sticks
- Apple

Dinner

- One cup milk
- 3 oz. roast beef
- Baked potato
- Steamed broccoli with lemon
- Dinner roll
- 3 tsp. margarine
- Peach slices
- 2 sugar cookies (homemade with no added salt)

Snack

- Iced tea
- Unsalted popcorn
- Fruit cocktail